

**ANTECEDENTS**

B vitamins: water soluble overall important to our health and to thyroid health

High homocysteine may indicate a need for B vitamins

\* Look at red blood cell markers on lab work to determine what may be going on with red blood cell formation

**TRIGGERING EVENTS**

Deficiencies:  
 B2 - cracked mouth, sensitive to light  
 B3 - abnormal liver function, cramps, nausea, irritability  
 B6 - cracked mouth, sore tongue, nausea, irritability, kidney stones  
 B12 - pernicious anemia, numbness tingling in fingers and toes

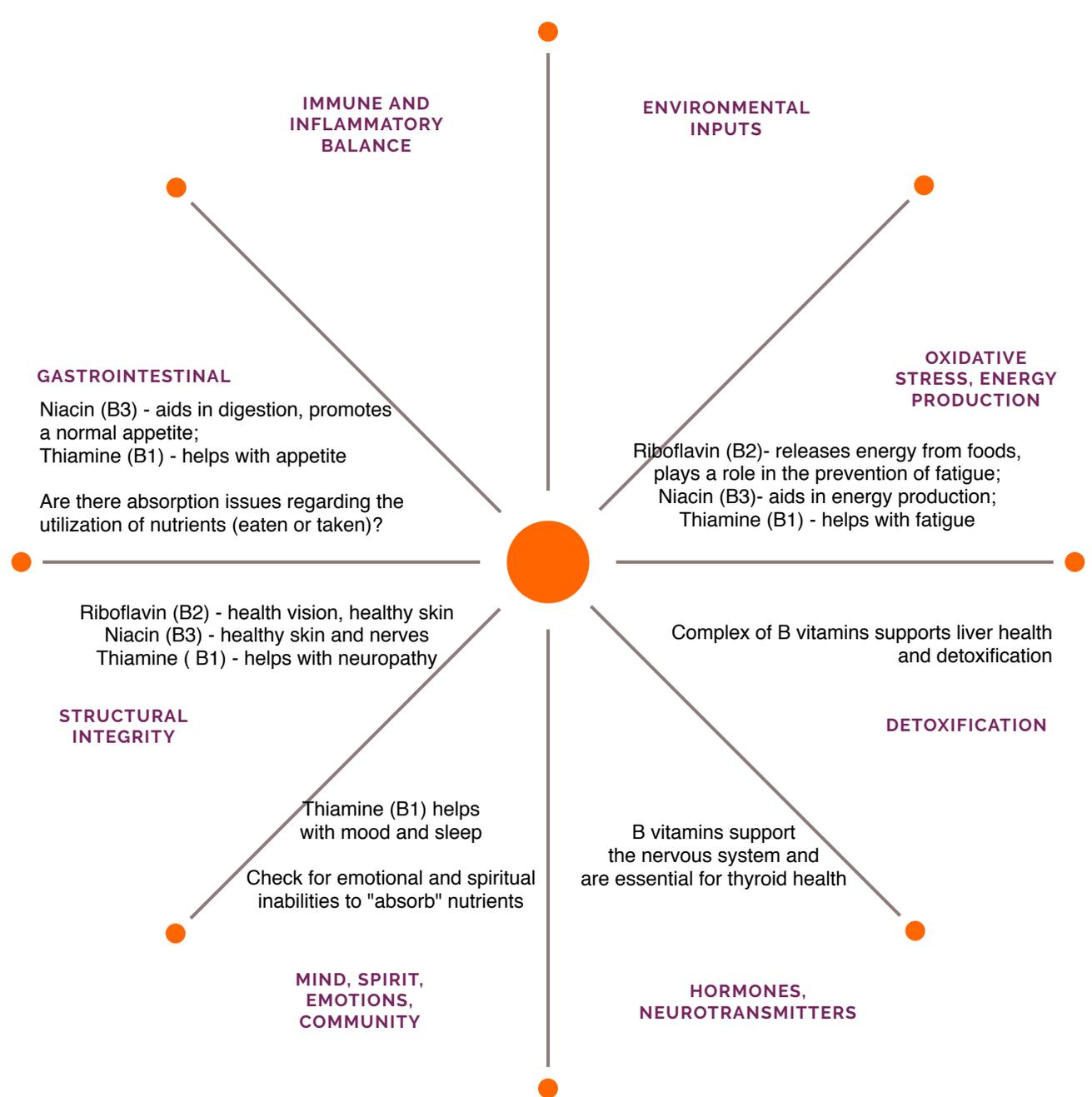
**MEDIATORS**

Niacin can be helpful reducing cholesterol levels.

B5 - can help with hair loss

Biotin can skew thyroid results (come off for 7 days prior to testing)

Restrictive diets can lead to more deficiencies if executed for long periods of times



**IMMUNE AND INFLAMMATORY BALANCE**

**ENVIRONMENTAL INPUTS**

**OXIDATIVE STRESS, ENERGY PRODUCTION**

Riboflavin (B2)- releases energy from foods, plays a role in the prevention of fatigue;  
 Niacin (B3)- aids in energy production;  
 Thiamine (B1) - helps with fatigue

**DETOXIFICATION**

Complex of B vitamins supports liver health and detoxification

B vitamins support the nervous system and are essential for thyroid health

**MIND, SPIRIT, EMOTIONS, COMMUNITY**

Thiamine (B1) helps with mood and sleep  
 Check for emotional and spiritual inabilities to "absorb" nutrients

**STRUCTURAL INTEGRITY**

Riboflavin (B2) - health vision, healthy skin  
 Niacin (B3) - healthy skin and nerves  
 Thiamine ( B1) - helps with neuropathy

**GASTROINTESTINAL**

Niacin (B3) - aids in digestion, promotes a normal appetite;  
 Thiamine (B1) - helps with appetite

Are there absorption issues regarding the utilization of nutrients (eaten or taken)?

**SLEEP/RELAXATION**

**EXERCISE/MOVEMENT**

**NUTRITION/HYDRATION**

Found in whole grains, peas, other legumes, liver, animal protein, vegetables and fruit

Note: Long term restrictive diets can lead to some deficiencies in critical B vitamins

**STRESS/RESILIENCE**

**RELATIONSHIPS/NETWORKS**